

Contacts & Class Locations

Chandler Community Center

125 E. Commonwealth Ave.
Tamara Hallock, Recreation Coord. I, 480.782.2730

Andersen Jr. High School

1255 N. Dobson Rd. (north of Ray Rd.)
Erika M. Berry, Recreation Coord. II, 480.782.2906

Santan K-8 Campus

1550 E. Chandler Heights Rd. (east of McQueen Rd.)
Ariane Stramiello, Recreation Coord. I, 480.782.2711

Snedigar Recreation Center

4500 S. Basha Rd. (E. of Alma School, S. of Ocotillo Rd.)
Ariane Stramiello, Recreation Coord. I, 480.782.2641

Willis Jr. High School

401 S. McQueen Rd. (McQueen and Frye roads)
Teofilo Ruiz, Recreation Coord. I, 480.782.2746

IMPORTANT PAYMENT INFORMATION

"Class Fees" are paid when you register for classes and paid to the City of Chandler.

"Instructor/Supply Fees" are not due until the first class and are paid directly to your instructor.

Animals and Pets

DOG OBEDIENCE

Your dog will learn to heel, sit, stand down, come when called and finish. Dog must be at least 4 months of age and current on all shots. Please bring a 6' lead and properly fitted collar, both of which can be purchased at class.

Instructor: Desert Dog Obedience

Class Fee: \$16	Instructor Fee: \$56	Supply Fee: \$0
Location: Snedigar Bark Park, 4500 S. Alma School Rd.		
5300.127 M	9/10-10/15	7-8 pm 12 yrs+
5301.127 M	10/22-11/19	7-8 pm 12 yrs+

AKC DOG OBEDIENCE

Clients and dogs will learn AKC Standards with hand signal basic obedience. The class covers heel, sit, stay, come and down. We also work on socialization skills and how to handle distraction. We also instruct the clients how to use three different forms of positive affirmations: treat, vocal or petting. No chokers or shock collars.

Instructor: Angel Dogs

Class Fee: \$16	Instructor Fee: \$56	Supply Fee: \$0
Location: West Chandler Bark Park, 250 S. Kyrene Rd.		
5304.147 W	9/5-10/10	7-8 pm 12 yrs+
5305.147 W	10/18-11/22	7-8 pm 12 yrs+

DOG OBEDIENCE- ADVANCED/NOVICE

This class is for dog owners who wish to compete in novice obedience events and have completed a beginner and advanced/beginner class. Off-lead healing, recalls, fronts and finishes, distance sits, stays and down stays will be covered as well as ring procedures and fun jumping.

Instructor: Desert Dog Obedience

Class Fee: \$9	Instructor Fee: \$32	Supply Fee: \$0
Location: Snedigar Bark Park, 4500 S. Alma School Rd.		
5302.127 M	9/10-10/15	8-9 pm 12 yrs+
5303.127 M	10/22-11/19	8-9 pm 12 yrs+

PET CPR & FIRST AID

This class provides information on caring for dogs and cats in case of an emergency, as well as guidance about when pets should be taken to the vet for professional care. This course is approved by the ASPCA. Students will receive a 2 year certification card after course completion.

Instructor: Cross' Lifeline Emergency Training Instructor

Class Fee: \$11	Instructor Fee: \$40	Supply Fee: \$0
Location: Community Center, Room 202		
1311.137 T	9/4	6:30-8:30 pm 16 yrs+
1312.157 Th	11/29	6:30-8:30 pm 16 yrs+

Arts and Crafts

DRAWING FOR ADULTS

See nature with the mind. Express nature on paper with the line. Drawing is about proportion and it's about seeing the image as a whole. It is about fitting together, connecting and relating all of the little parts that make up the whole. We will learn how to achieve depth with line, as well as seeing the line as a plane, and we will learn ways of creating mass and form with line. You will need a set of graphite pencils, a kneaded eraser and a drawing pad.

Instructor: TBA

Class Fee: \$53	Instructor Fee: \$0	Supply Fee: \$0
Location: Community Center, Room 116		
1368.147 W	9/12-10/31	7-9 pm 16 yrs+

PORTRAIT DRAWING

Do you like to draw faces? Want to make them look more like the person you are drawing? Come to this fun and friendly class. I will teach you how to get a good likeness using basic head proportions, measurements and angles and how to use value to give your drawings that professional touch. We will learn how to use pencil, charcoal and conte crayon on white and toned paper.

Class Fee: \$40	Instructor Fee: \$0	Supply Fee: \$15
-----------------	---------------------	------------------

Instructor: Linda Fox

Location: Santan K-8, Room 62		
7308.157 Th	9/13-11/1*	6:30-8:30 pm 13 yrs+

*No class 10/4 & 10/11

OIL PAINTING

Using six colors and white, we will explore ways to begin a painting. Some supplies, such as paints, brushes, easels and some canvases will be provided. A supply list may be picked up at the Community Center front desk, please have necessary materials on the first day of class.

Instructor: TBA

Class Fee: \$63	Instructor Fee: \$0	Supply Fee: \$10
Location: Community Center, Room 107		
1370.157 Th	9/13-11/1	6:30-9 pm 16 yrs+

ACRYLIC LANDSCAPE PAINTING

Learn procedures to paint acrylic landscapes along with many tips and techniques to produce pleasing works of art. No experience necessary. A professional artist who had his acrylic paintings shown at the Art Institute of Chicago teaches class. Participants are responsible for purchasing their own supplies. A suggested supply list can be picked up at Snedigar Recreation Center.

Instructor: Ben Brown

Class Fee: \$53	Instructor Fee: \$0	Supply Fee: \$0
Location: Snedigar Recreation Center, Room 502		
5306.137 T	9/11-10/30	3-5 pm 18 yrs+

PASTEL PAINTING

NEW!

Learn the art of creating beautiful chalk pastel paintings that are rich in color and depth. Students will develop their skills at layering colors and creating textures that are crisp and clean while working on landscapes, still life, and portraits using a limited palette.

Instructor: Phyllis D. Multari

Class Fee: \$55 Instructor Fee: \$0 Supply Fee: \$20
Location: Willis Junior High, H-2
6308.127 M/T 9/10-10/16 7-8:30 pm 13-18 yrs

TRANSPARENT WATERCOLORS FOR ADULTS

A beginning transparent watercolor class, where having fun with various ways of handling the medium is the goal. Learn to see light and dark colors of nature, as well as depth and learn how to achieve this on paper. Make various color wheels for a guide to achieve correct color combinations.

Instructor: TBA

Class Fee: \$53 Instructor Fee: \$0 Supply Fee: \$0
Location: Community Center, Room 115
1369.127 M 9/10-10/29 7-9 pm 16 yrs+

TRANSPARENT WATERCOLOR LANDSCAPES

You can create beautiful paintings in transparent watercolor by learning the necessary procedures and techniques. No experience necessary. Participants are responsible for purchasing their own supplies. A suggested supply list can be picked up at the Snedigar Recreation Center.

Instructor: Ben Brown

Class Fee: \$53 Instructor Fee: \$0 Supply Fee: \$0
Location: Snedigar Recreation Center, Room 502
5307.167 F 9/14-11/2 2:30-4:30 pm 18 yrs+

CERAMICS

Have you ever had the urge to work in clay and build pottery that you can use? Well, now is the time to do it! Let's make cups and saucers, plates and soup bowls. You'll learn how to throw on the potters wheel or hand build and make really cool things.

Instructor: Jed

Class Fee: \$24 Instructor Fee: \$84 Supply Fee: \$15
Location: Community Center, Room 107
1354.127 M 9/10-10/29 11:30-1:30 pm 16 yrs+
1355.127 M 9/10-10/29 7-9 pm 16 yrs+
1356.147 W 9/12-10/31 11:30-1:30 pm 16 yrs+
1357.147 W 9/12-10/31 7-9 pm 16 yrs+
Class Fee: \$25 Instructor Fee: \$91 Supply Fee: \$15
1358.167 F 9/14-11/2 10-1 pm 16 yrs+

CERAMICS WORKSHOP

Come in and throw on the wheel or hand build – it's gift-giving time. Let's make some gifts for everyone!

Instructor: Jed

Class Fee: \$22 Instructor Fee: \$79 Supply Fee: \$15
Location: Community Center, Room 107
1361.127 M 11/5-12/17 11:30-1:30 pm 16 yrs+
1362.127 M 11/5-12/17 7-9 pm 16 yrs+
1363.147 W 11/7-12/19 11:30-1:30 pm 16 yrs+
1364.147 W 11/7-12/19 7-9 pm 16 yrs+
Class Fee: \$25 Instructor Fee: \$91 Supply Fee: \$15
1365.167*F 11/9-12/21 10-1 pm 16 yrs+

*No class 11/23

RAKU CERAMICS

Raku firing is an exciting and beautiful way to create decorative ceramics. Based on the ancient Japanese firing method (1550 AD), the Raku pottery experience is one to remember!

Instructor: Jed

Class Fee: \$26 Instructor Fee: \$93 Supply Fee: \$15
Location: Community Center, Room 107
1359.137 T 9/11-10/30 6-9 pm 16 yrs+

RAKU CERAMICS WORKSHOP

1366.137 T 11/6-12/18 6-9 pm 16 yrs+

HORSE HAIR POTTERY

NEW!

Ever wonder how those beautiful Native American Horse Hair pots were made? Here's your chance to learn! We will experiment with many horse hair finishes, beginning with simple horse hair on white bisque to much more complex horse hair over glazes.

Instructor: Jed

Class Fee: \$26 Instructor Fee: \$93 Supply Fee: \$15
Location: Community Center, Room 107 Patio
1360.157 Th 9/13-11/1 7-9 pm 16 yrs+

HORSE HAIR POTTERY WORKSHOP

1367.157*Th 11/8-12/20 7-9 pm 16 yrs+

*No class 11/22

STAINED GLASS

Create handmade family heirlooms and home improvements. Gain personal satisfaction in your creativity. Learn the methods that made Tiffany's world famous. You will learn glass selection, cutting, tools, grinding and soldering. Take home your creations in both came and copper foil. Call the instructor to reserve a tool kit two weeks before class at (480) 883-3822 and payment for tool kit is due to the instructor on the first day of class.

Instructor: John Depuydt

Class Fee: \$59 Instructor Fee: \$0 Supply Fee: \$15
Location: Community Center, Room 115
1339.147 W 10/10-11/14 5:30-8:30 pm 15 yrs+

STAINED GLASS STEPPING STONES

Yes they really can be stepped on! Come create home improvement or treasures lifetime gifts with your own hands. Learn an art that will be relaxing, forgetting problems, TV, computers. You will learn glass selecting, patterns, tools, cutting, grinding, molds, etc. Call Instructor to reserve a tool kit two weeks before class (480) 883-3822 and payment for tool kit is due to the instructor on the first day of class.

Instructor: John Depuydt

Class Fee: \$59 Instructor Fee: \$0 Supply Fee: \$15
Location: Community Center, Room 115
1340.137 T 10/9-11/13 5:30-8:30 pm 15 yrs+

KNITTED FELT BAGS

Prerequisite- Beginning Knitting. In this workshop students will knit a Felted Bag using self-striping yarn and circular needles. Students will learn how to pick up stitches, knit in the round using a circular needle, create an I' cord handle and techniques for felting their bag.

Instructor: Mary Glendinning

Class Fee: \$12 Instructor Fee: \$0 Supply Fee: \$5
Location: Santan K-8, Room 58
7303.177 S 9/22 9-Noon 13 yrs+
7332.177 S 11/10 9-Noon 13 yrs+

teen & adult classes

BEGINNING KNITTING

Learn the basics of knitting. This class will cover basic stitches, needle and yarn fundamentals, how to read a pattern and much more. Students must pre-purchase supplies. Pick up a supply list at the Community Center.

Instructor: Tera Barry

Class Fee: \$16 Instructor Fee: \$0 Supply Fee: \$2
Location: Community Center, Room 202
1381.127 M 9/10-10/1 6-7 pm 16 yrs+
1383.127 M 10/8-10/29 6-7 pm 16 yrs+

Instructor: Mary Glendinning

Class Fee: \$28 Instructor Fee: \$0 Supply Fee: \$5
Location: Santan K-8, Room 58
7301.127 M 9/10-10/1 6:30-8:30 pm 13 yrs+

BEGINNERS KNITTING – LEVEL 2

Continue expanding your knitting knowledge! Learn increase & decrease techniques, lace work, working cables and much more! You must have knowledge of cast on, knit & purl stitch and bind-off. Please pick up a supply list in the Community Center. Students are required to pre-purchase their supplies before the first day of class.

Instructor: Tera Barry

Class Fee: \$16 Instructor Fee: \$0 Supply Fee: \$2
Location: Community Center, Room 202
1382.127 M 9/10-10/1 7-8 pm 16 yrs+
1384.127 M 10/8-10/29 7-8 pm 16 yrs+

INTERMEDIATE KNITTING

Prerequisite- Beginning Knitting or basic knitting skills. This class will cover intermediate knitting skills such as; how to read a pattern, establishing gauge, lace and cable patterns, additional cast on and bind of techniques, fixing mistakes, working with double point and circular needles, joining seams and grafting. Students will work on several small projects including cell phone case, dishcloths, mitten, and teddy bear sweater.

Instructor: Mary Glendinning

Class Fee: \$28 Instructor Fee: \$0 Supply Fee: \$5
Location: Santan K-8, Room 58
7302.147 W 10/10-10/31 6:30-8:30 pm 13 yrs+

Astrology

ASTROLOGY FOR BEGINNERS

Your astrological chart holds the key to understanding your destiny, including the areas of romance, money, and career. This class teaches the basics of how to read a chart and its symbols. Your birth chart and handouts will be provided.

Instructor: Deborah Montesano

Class Fee: \$28 Instructor Fee: \$0 Supply Fee: \$5
Location: Santan K-8, Room 57
7306.127 M 9/10-10/1 6:30-8:30 pm 16 yrs+

ASTROLOGY II

This class is for students who already have a basic understanding of astrology's signs and symbols. It will cover transits, progressions, the 4 elements, and more.

Instructor: Deborah Montesano

Class Fee: \$28 Instructor Fee: \$0 Supply Fee: \$2
Location: Santan K-8, Room 57
7307.127 M 10/15-11/5 6:30-8:30 pm 16 yrs+

Baking Techniques

CAKE DECORATING

Learn the fundamentals and "secrets" of cake decorating for your family and friends to enjoy. Pattie Coleman, who has owned her own cake decorating business for 35 years, will be teaching this course. Pick up your instruction and material list at The Chandler Community Center front desk before the class begins.

Instructor: Pattie Coleman

Class Fee: \$41 Instructor Fee: \$0 Supply Fee: \$0
Location: Community Center, Room 206
1304.137 T 10/2-11/6 6-8 pm 13 yrs+

Books and Writing

MODERN CLASSICS ADULT BOOK GROUP

In this interactive, adult literature study group, we will be dissecting two modern classics: The Life of Pi by Yann Martel and Harry Potter and the Sorcerer's Stone by J.K. Rowling. Students must purchase their own books.

Class Fee: \$28 Instructor Fee: \$0 Supply Fee: \$0

Instructor: Rhonda Duerig

Location: Santan K-8, Room 58
7330.157 Th 9/6-10/25 6-7 pm 13 yrs+

HOW TO WRITE CHILDREN'S PICTURE BOOKS

Learn to create tone, mood, visual imaging, dialogue, setting, characters and conflict. Learn to create query and cover letters. Publishing markets will be discussed. Be prepared to share in-class writing exercises.

Instructor: Marilyn Janson

Class Fee: \$41 Instructor Fee: \$0 Supply Fee: \$15
Location: Community Center, Room 205
1335.147 W 9/5-10/10 6-8 pm 16 yrs+

Childcare and Babysitting

INTRO TO BABYSITTING

Students will learn the basics of babysitting and childcare by a certified instructor. Learn what to do in an emergency and how care for a child under your care.

Instructor: Mimi Schhcht

Class Fee: \$30 Instructor Fee: \$0 Supply Fee: \$5
Location: Snedigar Recreation Center, Room 502
5201.127 T 9/11-10/16 4:30-6 pm 11-15 yrs

CHILDCARE & BABYSITTING

This community education and safety program covers child safety and basic care techniques for infants and children. This course provides fundamental information for home, childcare workers, or babysitters. Topics include: Pediatric CPR, First Aid, feeding, burping and diapering. Students will receive a workbook along with a certification card valid for 2 years upon the completion of the course. Please bring a sack lunch, as we will be taking a break to eat.

Instructor: Cross' Lifeline Emergency Training Instructor

Class Fee: \$11 Instructor Fee: \$40 Supply Fee: \$0
Location: Community Center, Room 206
1305.177 Sa 9/15 9:30-1:30 pm 13-18 yrs
1306.177 Sa 10/6 9:30-1:30 pm 13-18 yrs
1307.177 Sa 11/10 9:30-1:30 pm 13-18 yrs

Computers

BEGINNING WORD

Learn the toolbars, menus and the fundamentals of creating a document. Learn basic formatting, setting margins, saving and printing the document. Learn to cut, copy and paste. Manual Included.

Instructor: Conquering Computers

Class Fee: \$11 Instructor Fee: \$0 Supply Fee: \$40
Location: Willis Jr. High, Room F-6
6302.177 Sa 9/22 9-Noon 18 yrs+

ADVANCED WORD

Learn to use tables and mail merge to create personalized address books, mass mailing letters for organizations, holiday newsletters, and mailing labels. Create columns, insert headers and footers, and use AutoCorrect. Manual included.

Instructor: Conquering Computers

Class Fee: \$11 Instructor Fee: \$0 Supply Fee: \$40
Location: Willis Jr. High, Room F-6
6303.177 Sa 9/29 9-Noon 18 yrs+

BASIC EXCEL

Learn this basic spreadsheet program that can be used to create budgets, inventories, and simple databases. You will learn how to name and save workbooks and worksheets and how to insert and format text and numbers. Create simple formulas to quickly figure out what a monthly payment would be. Manual Included.

Instructor: Conquering Computers

Class Fee: \$11 Instructor Fee: \$0 Supply Fee: \$40
Location: Willis Jr. High, Room F-6
6304.177 Sa 10/20 9-Noon 18 yrs+

INTRO TO MICROSOFT OFFICE 2003-WORD, EXCEL & POWERPOINT

Learn the basics and much more of Microsoft Office 2003: Word, Excel, PowerPoint: Create & edit documents, learn to format, spell check, copy & paste, create tables & worksheets with formulas & graphs, design graphics and make slide presentations.

Instructor: David Cain

Class Fee: \$41 Instructor Fee: \$0 Supply Fee: \$15
Location: Senior Center Computer Lab
1336.137 T 10/9-11/13 6-8 pm 16 yrs+

ADVANCED MICROSOFT OFFICE 2003 + TIPS

Become a more effective user of Microsoft Office 2003. Learn to customize, design graphics, mail merge, make labels, create formats, pivot tables and manage data. Use more advanced functions, modify templates and create animation. Plus, you will receive hundreds of demonstrated tips and more.

Instructor: David Cain

Class Fee: \$28 Instructor Fee: \$0 Supply Fee: \$10
Location: Senior Center Computer Lab
1337.157 Th 10/4-10/25 6-8 pm 16 yrs+

CONQUER YOUR COMPUTER

Learners will see the internal components of a computer first hand. They will learn how to identify the specifications of computers in order to purchase compatible software. You will also learn how to use the mouse, install software and where to save documents. Manual Included.

Instructor: Conquering Computers

Class Fee: \$11 Instructor Fee: \$0 Supply Fee: \$40
Location: Willis Jr. High, Room F-6
6301.177 Sa 9/8 9-Noon 18 yrs+

MICROSOFT PUBLISHER

Small business owners who use Microsoft Publisher will learn to create their own professional business cards, brochures, invoices, and more. Bring your company logo to class. Manual included.

Instructor: Conquering Computers

Class Fee: \$11 Instructor Fee: \$0 Supply Fee: \$40
Location: Willis Jr. High, Room F-6
6305.177 Sa 10/27 9-Noon 18 yrs+

Dance

BEGINNING BELLYDANCING

This class is designed for beginners with an emphasis on correct posture and alignment. Learn basic belly dance moves and combinations, graceful arm movements, and a variety of shimmies. Wear something comfortable and easy to move in.

Instructor: Patricia Alexander

Class Fee: \$28 Instructor Fee: \$0 Supply Fee: \$0
Location: Willis Jr. High, Dance Room
6204.127 M 9/10-10/29 6:30- 7:30 pm 10 yrs+

Instructor: Samia

Class Fee: \$7 Instructor Fee: \$25 Supply Fee: \$0
Location: Snedigar Recreation Center, Room 502
5308.127 M 9/10-10/22 6:30-7:30 pm 12 yrs+
Class Fee: \$7 Instructor Fee: \$25 Supply Fee: \$0
Location: Community Center, Room 109
1326.157 Th 9/13-10/25 6-7 pm 12 yrs+

BELLY DANCING - INTERMEDIATE

The intermediate class adds more advanced belly dance moves, veil and floor work and blends dancing, zils and Middle Eastern rhythms into performing.

Instructor: Samia

Class Fee: \$7 Instructor Fee: \$25 Supply Fee: \$0
Location: Snedigar Recreation Center, Room 502
5309.127 M 9/10-10/22 7:30-8:30 pm 12 yrs+
Class Fee: \$7 Instructor Fee: \$25 Supply Fee: \$0
Location: Community Center, Room 109
1327.157 Th 9/20-10/25 7-8 pm 12 yrs+

CARDIO BELLYDANCING

Belly dancing engages the mind, body and spirit while improving self-esteem and body image. Sculpt and tone your entire body through basic belly dance isolations, graceful arm movements, and a variety of shimmies while losing weight. This fast paced exercise class is designed for all levels of belly dancing.

Instructor: Patricia Alexander

Class Fee: \$28 Instructor Fee: \$0 Supply Fee: \$0
Location: Andersen Jr. High, Cafeteria
4202.147 W 9/12-10/31 6:30-7:30 pm 10 yrs+

SALSA & MERENGUE - BEGINNING

Come and learn the street style of these dances. All students will learn the basics as well as more exciting moves.

Instructor: Alex "Payazo" Martinez

Class Fee: \$31 Instructor Fee: \$0 Supply Fee: \$0
Location: Andersen Jr. High, Cafeteria
4201.177 Sa 9/8-11/3 12:30-1:30 pm 13 yrs+
4301.127 M 9/10-11/5 7:15-8:15 pm 13 yrs+
Class Fee: \$25 Instructor Fee: \$0 Supply Fee: \$0
Location: Snedigar Recreation Center, Room 505/506
5334.147 Th 9/6-11/1 7-7:45 pm 16 yrs+
5335.147 Th 9/6-11/1 8-8:45 pm 16 yrs+

teen & adult classes

ADULT HIP HOP

This class is designed to teach teens & adults (male and female) the newest and latest dance moves. This will enhance coordination and allow you to be creative with your moves. Please dress in comfortable clothes and wear tennis shoes.

Instructor: Natalia Mihilli

Class Fee: \$13 Instructor Fee: \$0 Supply Fee: \$0
 Location: Santan K-8, Multi-Purpose Room
 7313.147 W 9/5-9/26 8:15-9 pm 13 yrs+
 7314.147 W 10/24-11/14 8:15-9 pm 13 yrs+
 Location: Willis Jr. High, Wrestling Room
 6201.157 Th 9/6- 9/27 8:15-9 pm 13yrs+
 6202.157 Th 10/25-11/15 8:15-9 pm 13yrs+

Instructor: Alex "Payazo" Martinez

Class Fee: \$31 Instructor Fee: \$0 Supply Fee: \$0
 Location: Andersen Jr. High, Cafeteria
 4200.177 Sa 9/8-11/3 11:15 am -12:15 pm 13 yrs+
 4300.127 M 9/10-11/5 6-7 pm 13 yrs+

HIP HOP JAZZ – BEGINNING/INTERMEDIATE ADULT

Come and have some fun while learning the latest dance moves combined with jazz and dance movements.

Instructor: Jennifer Boop

Class Fee: \$53 Instructor Fee: \$0 Supply Fee: \$0
 Location: Snedigar Recreation Center, Room 505/506
 5310.127 M/W 9/10 -10/31 6:30-7:30 pm 16 yrs+

ADVANCED JAZZ HIP HOP/COMPANY

This class is for the experienced dancer. Advanced jazz technique is a must.

Instructor: Jennifer Boop

Class Fee: \$73 Instructor Fee: \$0 Supply Fee: \$0
 Location: Snedigar Recreation Center, Room 505/506
 5311.127 M/W 9/10 -10/31 7:30-9 pm 18 yrs+

LINE DANCING – BEGINNING

Looking for a fun and easy way to exercise? Line Dancing is a great low impact and mental exercise. It is also a terrific way to meet new people and make new friends. Beginners will be line dancing by the end of the first session. No partner necessary.

Instructor: Shelley Center

Class Fee: \$22 Instructor Fee: \$0 Supply Fee: \$0
 Location: Community Center, Room 109
 1300.127 M 9/10-10/15 6-7 pm 16 yrs+
 1301.127*M 10/29-12/10 6-7 pm 16 yrs+
 *No class 11/12

LINE DANCING – INTERMEDIATE

This class is for those who have some previous line dancing experience. The emphasis in this class is on having fun and enjoying low impact exercise. No partner necessary.

Instructor: Shelley Center

Class Fee: \$22 Instructor Fee: \$0 Supply Fee: \$0
 Location: Community Center, Room 109
 1302.127 M 9/10-10/15 7-8 pm 16 yrs+
 1303.127*M 10/29-12/10 7-8 pm 16 yrs+
 *No class 11/12

ACROGYMNASTICS – ADVANCED

This is a class that works on advanced skills of acrogymnastics featuring more difficult lifts where partners will be paired and added to develop their own routines and work on performance. skill test done by the instructors.

Instructor: Skyler Bricker & Correy Schultz

Class Fee: \$103 Instructor Fee: \$0 Supply Fee: \$0
 Location: Community Center, Room 111
 1139.137 T/Th 8/21-10/11 6-8 pm 6-18 yrs

BEGINNING TANGO FOR COUPLES

Tango with the one you love in this 5-week beginners class. This class is for couples. The class fee & instructor fee are per person.

Instructor: Sandy Popovich

Class Fee: \$8 Instructor Fee: \$30 Supply Fee: \$0
 Location: Community Center, Room 110
 1341.137 T 9/11-10/9 7-8 pm 16 yrs+
 1342.137 T 10/16-11/13 7-8 pm 16 yrs+

BEGINNING FOXTROT & WALTZ FOR COUPLES

Learn the basics of these romantic dances. This class is for couples. The class fee & instructor fee are per person.

Instructor: Sandy Popovich

Class Fee: \$8 Instructor Fee: \$30 Supply Fee: \$0
 Location: Community Center, Room 110
 1343.137 T 9/11-10/9 8-9 pm 16 yrs+
 1344.137 T 10/16-11/13 8-9 pm 16 yrs+

BEGINNING TWO STEP FOR COUPLES

Let's do some boot scootin' in this 5-week class. This class is for couples. The class fee & instructor fee are per person.

Instructor: Sandy Popovich

Class Fee: \$8 Instructor Fee: \$30 Supply Fee: \$0
 Location: Community Center, Room 110
 1345.147 W 9/12-10/10 6-7 pm 16 yrs+
 1346.147 W 10/17-11/14 6-7 pm 16 yrs+

BEGINNING SALSA & CHA CHA FOR COUPLES

Sizzle in this 5 week HOT Latin dance class. This class is for couples. The class fee & instructor fee are per person.

Instructor: Sandy Popovich

Class Fee: \$8 Instructor Fee: \$30 Supply Fee: \$0
 Location: Community Center, Room 110
 1347.157 Th 9/13-10/11 7-8 pm 16 yrs+
 1348.157 Th 10/18-11/15 7-8 pm 16 yrs+

BEGINNING SWING FOR COUPLES

Jump, jive and wail in this fun 5 week swing class. This class is for couples. The class fee & instructor fee are per person.

Instructor: Sandy Popovich

Class Fee: \$8
 Instructor Fee: \$30
 Supply Fee: \$0
 Location: Community Center, Room 110
 1349.157 Th 9/13-10/11 8-9 pm 16 yrs+
 1350.157 Th 10/18-11/15 8-9 pm 16 yrs+



sign up for break time!

Get your **FREE** subscription to Break Time magazine and always be "in the know"! All your local parks and recreation news is right at your fingertips. To subscribe, log on to www.chandleraz.gov/breaktime or call 480.782.2738.

Finance and Investing

NEW WAYS TO BEAT THE HIGH COST OF COLLEGE!

Parents of High School students in their Junior and Senior years; you have to attend this workshop on the college financial aid system. We will show you how to lower your out of pocket expense by doing financial planning specifically geared toward getting more free money for college. You will learn how to get the most free money to pay for college by understanding scholarships, grants, asset planning, financial aid forms and how to pick the schools that will give you the best financial aid packages. This class will make your child's college education affordable!

Instructor: San Tan Financial

Class Fee: \$3	Instructor Fee: \$0	Supply Fee: \$0
Location: Snedigar Recreation Center, Room 503		
5322.137 T	9/11	6:30-8:30 pm 18 yrs+
5323.147 W	10/10	6:30-8:30 pm 18 yrs+
5324.137 T	11/13	6:30-8:30 pm 18 yrs+

HOW TO USE YOUR MORTGAGE AS A FINANCIAL TOOL TO CREATE WEALTH FOR YOU, AND NOT YOUR BANK!

If you have a traditional 30 year or 15 year fixed mortgage, this class will reveal how those mortgages are killing your ability to become financially successful! Learn why your mortgage is the reason you are stuck in the paycheck-to-paycheck lifestyle and why your mortgage is the reason you are not able to accumulate any real money in savings. This Class will also reveal why traditional 30 year and 15 year mortgages were fine for your parents, but how they are harmful to you! With this information that banks hope you never find out, you can stop making your bank rich, and start creating wealth for you!

Instructor: San Tan Financial

Class Fee: \$3	Instructor Fee: \$0	Supply Fee: \$0
Location: Snedigar Recreation Center, Room 503		
5325.147 W	9/12	6:30-8:30 pm 18 yrs+
5326.137 T	10/9	6:30-8:30 pm 18 yrs+
5327.147 T	11/13	6:30-8:30 pm 18 yrs+

MONEY MANAGEMENT PLANNING

In this highly interactive class you will learn the basics of the financial planning process. We will discuss planning for successful money management. You will learn how to organize your finances and put them into a useable financial plan. We will discuss budgeting, saving for college, retirement and setting aside emergency reserves. This is an important class for anyone just starting to save, needing help getting organized or anyone who needs to be refreshed on the basics of financial planning.

Instructor: Jason Freiwald, CMFC, CFP, ChFC

Class Fee: \$3	Instructor Fee: \$0	Supply Fee: \$0
Location: Community Center, Room 101		
1313.137 T	9/4	7-9 pm 16 yrs+

STOCKS AND BONDS INVESTMENT PLANNING

Investing in today's marketplace can be very challenging. In this class we will discuss how the stock market works and the key concepts of investing in stocks, bonds and mutual funds. We will discuss the factors that influence the market and how to use them to your advantage. You will learn how to incorporate these investments into your financial plan. We will also be reviewing the importance of asset allocation and how to diversify your personal investment portfolio.

Instructor: Jason Freiwald, CMFC, CFP, ChFC

Class Fee: \$3	Instructor Fee: \$0	Supply Fee: \$0
Location: Community Center, Room 101		
1314.137 T	9/11	7-9 pm 16 yrs+

ASSET PROTECTION PLANNING

It is not enough just to save for retirement. You have to be prepared for life events that might affect your retirement savings. We will be discussing a combination of effective insurance and estate planning techniques to ensure that you can hold on to the assets you have worked so hard to gather. Regardless of your income or net worth you need to understand the proper way to register your investments and savings so your assets can be passed on to your loved one's.

Instructor: Jason Freiwald, CMFC, CFP, ChFC

Class Fee: \$3	Instructor Fee: \$0	Supply Fee: \$0
Location: Community Center, Room 101		
1315.137 T	9/18	7-9 pm 16 yrs+

RETIREMENT PLANNING TODAY

Are you going to live the life you worked for in retirement? In this course you will have the opportunity to visualize your ideal retirement then learn about the financial steps and tools you need to make it happen. This class is ideal for anyone approaching or in retirement. Learn how to identify your own goals and objectives, identify your income sources, determine the amount of money you will need and discover how to avoid the 10 biggest mistakes many people make in retirement. Learn about Nobel Prize winning investment techniques to help control risks. Also covers estate planning. Includes a 235 page textbook and worksheets, which you keep. Instructor, Paul Brock, has master's degree in financial services and 20 years experience helping people retire comfortably.

Instructor: Paul Brock ChFC, MSFS

Class Fee: \$30	Instructor Fee: \$19	Supply Fee: \$0
Location: Community Center, Room 205 T, Room 206 Th		
1371.157 Th	9/27-10/11	6:30-9 pm 18 yrs+
1372.137 T	10/2-10/16	6:30-9 pm 18 yrs+

RETIREMENT AND ESTATE PLANNING

The biggest lifetime goal that most people plan for is their retirement. Achieving financial independence takes a lot of hard work and planning. In this class we will teach you how to evaluate your work retirement plan to make it as effective as possible. If you don't have a work plan, we will review other options that may be available to you. You will also learn how to supplement your retirement income with other retirement plan investments such as IRA's and Roth IRA's. Recent changes in the tax law will also be covered.

Instructor: Jason Freiwald, CMFC, CFP, ChFC

Class Fee: \$3	Instructor Fee: \$0	Supply Fee: \$0
Location: Community Center, Room 101		
1316.137 T	9/25	7-9 pm 16 yrs+

FINANCIAL FITNESS FOR WOMEN

Ladies, it's time to take control of your finances! This class covers the unique financial issues facing women today. Learn the basics of financial planning including cash flow, debt, employee benefits, taxes, retirement, estate planning, risk management, and investment. Register a sister, daughter, mother, or female friend at no additional cost.

Instructor: Lupe Camargo MBA

Class Fee: \$3	Instructor Fee: \$0	Supply Fee: \$0
Location: Snedigar Recreation Center, Room TBA		
5338.147 W	9/5	6:30-8:30 pm 18 yrs

teen & adult classes

Health and Wellness

MEDITATION

The exercises taught in this class are meant as tools for you to explore your understanding of the world - not to dictate to you how to think or feel. This course is experience based with time to discuss your experiences and compare notes with the others. Bring a blanket or pillow to sit on to help keep you in proper alignment for the exercises. You are welcome to use a chair if a seated position on the floor proves too difficult for you.

Instructor: Jocelin Meesenburg

Class Fee: \$6 Instructor Fee: \$20 Supply Fee: \$0
Location: Andersen Jr. High, Band Room
4306.177 Sa 9/8 10-Noon 13 yrs+
4308.177 Sa 9/22 10-Noon 13 yrs+
Location: Santan K-8, Wrestling Room
7328.177 Sa 10/27 10-Noon 13 yrs+
7331.177 Sa 11/10 10-Noon 13 yrs+

BALANCING HORMONES NATURALLY:

HEALTHY SOLUTIONS TO PMS AND MENOPAUSE.

This workshop gives participants not only a complete understanding of the cause of symptoms that occur during PMS and menopause but also their solutions via diet, vitamins, exercise, and stress reduction.

Instructor: Dr. Mike Schloemp, D.C.

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
Located: Snedigar Recreation Center, Room 502
5314.137 T 9/18 7-9 pm 18 yrs+

FIVE SECRETS TO PERMANENT WEIGHT LOSS

Do you own clothes that you can't wear? Have you ever struggled to lose weight? Learn how to become healthier and reach your body's full potential naturally without pills, lotions, or potions.

Instructor: Dr. Mike Schloemp, D.C.

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
Located: Snedigar Recreation Center, Room 502
5315.137 T 10/16 7-9 pm 18 yrs+

TRIGGER POINTS

Did you know that your body stores stress in specific spots in your body called pressure points? This stored energy can adversely affect your health and can cause many conditions like headaches, TMJ, and carpal tunnel syndrome. You can learn how to relieve pressure in these areas, reduce pain, and improve your health by learning how pressure points create pain throughout your body and simple strategies to relieve pain and improve health.



Instructor: Dr. Mike Schloemp, D.C.

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
Located: Snedigar Recreation Center, Room 502
5316.137 T 11/13 7-9 pm 18 yrs+

HEALTHY BACK

You can learn how to prevent the gradual deterioration of the spine often associated with aging. Find out how to not only improve your back, but how to prevent injury following a trauma. Don't let back problems keep you from enjoying life to the fullest.

Instructor: Christopher Nance, D.C.

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
Location: Community Center, Room 201
1331.147 W 9/19 7-8:30 pm 18 yrs+

FIBROMYALGIA

Understand the neurological and physiological causes of this baffling disease. This lecture has emphasis on chronic muscular pain, fatigue, and depression and its effect on the body.

Instructor: Christopher Nance, D.C.

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
Location: Community Center, Room 201
1332.147 W 10/17 7-8:30 pm 18 yrs+

ARTHRITIS

The vast majority of us will suffer from some form of arthritis. Understand the differences between the many forms of arthritis, learn how to prevent joint degeneration and manage its symptoms.

Instructor: Christopher Nance, D.C.

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
Location: Community Center, Room 201
1333.147 W 11/14 7-8:30 pm 18 yrs+

Landscaping

*The following landscaping classes are **FREE** to Chandler Utility Customers. All will be held at the Chandler Senior Center, 202 E. Boston St. **Registration is mandatory.** To register and for more information please call the City of Chandler's Water Conservation Office at **480.782.3580**.*

CONVERT YOUR GRASS INTO CASH

Instructor: Cathy Rymer

If you've been considering converting your grass into a colorful low water use landscape, this class will show you the easy step-by-step methods. You may even be eligible for a rebate!
Tuesday, September 4, 6:30 - 8:45 pm

SOUTHWEST LANDSCAPING

Instructor: Ron Dinchak

This three class series will teach you the basics about landscaping in our desert. You will learn the concepts of design, how to plan for small spaces, the desert plant palette, plant selection and plant combinations.

Southwest Landscaping I, Tuesday, September 11 6:30 - 8:45 pm
Southwest Landscaping II, Tuesday, September 18 6:30 - 8:45 pm
Southwest Landscaping III, Tuesday, September 25 6:30 - 8:45 pm
Southwest Landscaping I, Tuesday, October 9 6:30 - 8:45 pm
Southwest Landscaping II, Tuesday, October 16 6:30 - 8:45 pm
Southwest Landscaping III, Tuesday, October 23 6:30 - 8:45 pm

PRUNING AND MAINTAINING YOUR LANDSCAPE

Instructor: Cathy Rymer

Trees and shrubs are the most important living elements of your landscape. Learn about proper plant selection, planting, staking and pruning techniques for the low desert.
Tuesday, October 2, 6:30 - 8:45 pm

IRRIGATION WORKSHOPS

Instructor: Jeff Lee

This three part series will walk you through the components of your irrigation system, how to design and install a system, how to program your irrigation timer, and how to troubleshoot when problems arise. Don't let your irrigation controller control you!
Drip Irrigation System Installation, Tuesday, October 30 6-8:45 pm
Yard Watering, Tuesday, November 6 6-8:45 pm
Irrigation System Maintenance, Tuesday, November 13 6-8:45 pm

Languages

SPANISH I

It's all here, waiting for you, vocabulary, introductory grammar and the opportunity to practice what you learn.

Instructor: Juliette Spence

Class Fee: \$38

Instructor Fee: \$0

Supply Fee: \$5

Location: Snedigar Recreation Center, Room 502

5317.147 W 9/5-10/24 6-7:30 pm 18 yrs+

Instructor: Cathy Ogden

Class Fee: \$47

Instructor Fee: \$0

Supply Fee: \$3

Location: Community Center, Room 101

1320.147 W 8/22-10/3 5-7 pm 16 yrs+

SPANISH II

A continuation of Spanish I to further increase your vocabulary, pronunciation and grammar. Participants may repeat this course as many times as they wish. Prerequisite: Spanish I or instructor approval.

Instructor: Cathy Ogden

Class Fee: \$47

Instructor Fee: \$0

Supply Fee: \$3

Location: Community Center, Room 101

1321.147 W 8/22-10/3 3-5 pm 16 yrs+

1322.147 W 8/22-10/3 7-9 pm 16 yrs+

Instructor: Juliette Spence

Class Fee: \$38

Instructor Fee: \$0

Supply Fee: \$5

Location: Snedigar Recreation Center, Room 502

5318.147 W 9/5-10/24 7:30-9 pm 18 yrs+

"LET'S TALK IT OVER (IN SPANISH)"

NEW!

Looking for a chance to revive your Spanish language skills, brush up on some vocabulary and discuss real topics. This conversational class is for you.

Instructor: Juliette Spence

Class Fee: \$28

Instructor Fee: \$0

Supply Fee: \$5

Location: Snedigar Recreation Center, Room 502

5319.147 Th 9/6-10/25 7-8 pm 18 yrs+

ENGLISH FOR NON-NATIVE SPEAKER: STEP 1

Learn the basics, use the basics, live the basics! Make the time, erase your fears and take the first step with other non-native speakers in this introduction to the English language. Do this for you!

Instructor: Juliette Spence

Class Fee: \$28

Instructor Fee: \$0

Supply Fee: \$5

Location: Snedigar Recreation Center, Room 502

5320.147 W 9/5-10/24 1-2 pm 18 yrs+

RUSSIAN 101

Learn a the basics of the Russian language. You will be taught basic vocabulary and writing. Come and learn a new old language.

Instructor: Wendy Jones

Class Fee: \$23

Instructor Fee: \$0

Supply Fee: \$5

Location: Snedigar Recreation Center, Room 516

5337.147 W 9/12-11/1

7:15-8 pm

16 yrs+

*No class on 10/31

AMERICAN SIGN LANGUAGE

You will learn basic sign communication including finger spelling, signing words, and signing sentences. We will have a lot of reviews and also develop an understanding of the structure of Deaf Culture. If you've had previous experience in sign language, I will structure the class for the more advanced students.

Instructor: Jill Valentine

Class Fee: \$78

Instructor Fee: \$0

Supply Fee: \$0

Location: Community Center, Room 205

1334.127 M/Th 9/10-11/1

7-8:30 pm

13 yrs+

Martial Arts

ADULT AIKIDO

Aikido is a defensive martial art based on smooth, powerful blending motions as its core and does not rely on power and size. This class will begin with the fundamental motions and philosophies of Aikido beginning with basic techniques and gradually moving towards more advanced levels. Students who train on an ongoing basis will be evaluated on their personal goals and progress and qualified students will be invited to test for rank. *Registration must be done via mail or in person; on-line & touch-tone registration is not available.*

Instructor: Rob Vaughn

Class Fee: \$7

Instructor Fee: \$26

Supply Fee: \$0

Location: Snedigar Recreation Center, Room 505/506.

5328.177 Sa 9/1-9/29 10-11:30 am 14 yrs+

5329.177 Sa 10/6-10/27 10-11:30 am 14 yrs+

5330.177 Sa 11/3-11/24 10-11:30 am 14 yrs+

Instructor: Fred Mastison

Class Fee: \$11

Instructor Fee: \$40

Supply Fee: \$0

Location: Community Center, Room 109

1328.137 T/W 9/4-9/26 7-8:30 pm 14 yrs+

1329.137 T/W 10/2-10/31 7-8:30 pm 14 yrs+

1330.137 T/W 11/6-11/28 7-8:30 pm 14 yrs+

Coming Spring 2008!

Resident and Non-Resident Registration Dates

In an effort to ensure Chandler residents are getting complete access to all of our great programs, The City of Chandler will begin implementing priority registration dates for City of Chandler residents next year.* We'll bring you all the specifics in an upcoming issue of Break Time. Questions? Call 480.782.2727.

*Proof of residency may be required in some cases when registering.

teen & adult classes

AMERICAN KARATE-TEEN/ADULT

We stress kicking, punching and stances. After 2 months students will have the ability to test for a yellow belt. Classes include stretching, and self defense techniques.

Instructor: Jim Raemisch & Scott Hefington

Class Fee: \$16	Instructor Fee: \$0	Supply Fee: \$0
Location: Snedigar Recreation Center, Room 505/506		
5331.137 T/Th	9/4-9/27	6:30-7:30 pm 13 yrs+
5332.137 T/Th	10/2-10/30	6:30-7:30 pm 13 yrs+
5333.137 T/Th	11/1-11/29	6:30-7:30 pm 13 yrs+



JAPANESE SWORDSMANSHIP

This course is a hands-on study of classical Japanese Swordsmanship. Working with a bamboo sword, called a Shinai, students will learn movement, attacking, and blocking techniques. Conducted in a friendly and humorous atmosphere. We will meet the Tuesday (9/4) prior to the first day of class at 6:30 pm to prepare your Shinai for class.

Sensei: Mark MacLachlan

Class Fee: \$71	Instructor Fee: \$0	Supply Fee: \$25 for the Shinai or bring your own.
Location: Andersen Jr. High, Wrestling Room		
4303.147 W	9/5-11/7	6:30-8:30 pm 16 yrs+

TAEKWONDO

Taekwondo is a traditional martial art that teaches people agility, balance, and flexibility. Classes are structured for fun and learning while exercising. Students will develop discipline, self-confidence and coordination. Each class consists of systematic stretching, various kicking and punching techniques, as well as coordination and balance drills. Physical training develops coordination, increased flexibility, and cardiovascular conditioning. Classes welcome families to train together.

Instructor: William Norton

Class Fee: \$10	Instructor Fee: \$35	Supply Fee: \$0
Location: Santan K-8, Cafeteria		
7315.127 M/W	8/29, 9/10-9/26	6:30-7:20 pm 13 yrs+
7316.127 M/W	10/1-10/24	6:30-7:20 pm 13 yrs+
7317.127 M/W	11/5-11/28*	6:30-7:20 pm 13 yrs+
Class Fee: \$6	Instructor Fee: \$20	Supply Fee: \$0
7318.127 M/W	12/3-12/12	6:30-7:20 pm 13 yrs+
*No class 11/12		
Class Fee: \$10	Instructor Fee: \$35	Supply Fee: \$0
Location: Willis Jr. High, Multipurpose Room		
6205.137 Tu & Th	9/11-9/27	6:30-7:20 pm 13yrs+
6206.137 Tu & Th	10/2-10/25	6:30-7:20 pm 13yrs+
6207.137 Tu & Th	11/6-11/29	6:30-7:20 pm 13yrs+
Class Fee: \$6	Instructor Fee: \$20	Supply Fee: \$0
6208.137 Tu & Th	12/4-12/13	6:30-7:20 pm 13yrs+

ADULT HAPKIDO I

Hapkido is the Korean martial art of self-defense that utilizes wristlocks, arm bars, and throwing techniques to redirect an attackers' flow. Students will learn practical self-defense and build cardiovascular stamina through rigorous physical training. Hapkido improves confidence, flexibility and balance while increasing awareness and mental discipline. Students should wear comfortable, loose clothes, including long pants or sweats. Families are welcome to train together, men, women, and young adults.

Class Fee: \$7 Instructor Fee: \$25 Supply Fee: \$0

Instructor: William Norton

Location: Santan K-8, Multi-Purpose Room			
7319.177 Sa	9/15-10/6	9-9:50 am	16 yrs+
7320.177 Sa	9/15-10/6	10-10:50 am	16 yrs+
7321.177 Sa	10/6-10/27	9-9:50 am	16 yrs+
7322.177 Sa	10/6-10/27	10-10:50 am	16 yrs+
7323.177 Sa	11/3-12/1*	9-9:50 am	16 yrs+
7324.177 Sa	11/3-12/1*	10-10:50 am	16 yrs+
Class Fee: \$4	Instructor Fee: \$15	Supply Fee: \$0	
7325.177 Sa	12/8-12/15	9-9:50 am	16 yrs+
7326.177 Sa	12/8-12/15	10-10:50 am	16 yrs+
* No class 11/24			

T'AI-CHI CH'UAN – BEGINNING

T'AI CHI is a great way to strengthen your body while also disciplining your mind. It has no maximum age limits due to calmness. Wear comfortable, loose fitting clothing. Flat bottom shoes are recommended. A notebook and pen is also suggested to help internalization of the form.

Instructor: Randy Christensen

Class Fee: \$53	Instructor Fee: \$0	Supply Fee: \$0
Location: Andersen Jr. High, Cafeteria		
4304.137 T	9/4-11/6	7-8:30 pm 18 yrs+

Music

BEGINNER GUITAR

Students will learn the basics of playing their guitars, including basic chords and strumming technique.

Instructor: Reuben Garcia

Class Fee: \$48	Instructor Fee: \$0	Supply Fee: \$5
Location: Snedigar Recreation Center, Room 503		
5200.127 T/Th	9/4-11/1	5:15-6 pm 15 yrs+

Instructor: Jason Brown

Class Fee: \$18	Instructor Fee: \$0	Supply Fee: \$5
Location: Community Center, Room 101		
1373.127 M	9/10-10/15	4:15-5 pm 13-16 yrs
1374.127*M	10/22-12/3	4:15-5 pm 13-16 yrs
Class Fee: \$22	Instructor Fee: \$0	Supply Fee: \$5
1375.127 M	9/10-10/15	5:15-6:15 pm 16 yrs+
1376.127*M	10/22-12/3	5:15-6:15 pm 16 yrs+
1377.127 M	9/10-10/15	6:30-7:30 pm 16 yrs+
1378.127*M	10/22-12/3	6:30-7:30 pm 16 yrs+

*No class 11/12



sign up for break time!

Get your **FREE** subscription to Break Time magazine and always be "in the know"! All your local parks and recreation news is right at your fingertips. To subscribe, log on to www.chandleraz.gov/breaktime or call 480.782.2738.

INTERMEDIATE GUITAR

This class is for the intermediate guitar student interested in learning more about the fundamentals of guitar.

Instructor: Jason Brown

Class Fee: \$26 Instructor Fee: \$0 Supply Fee: \$5
 Location: Community Center, Room 101
 1379.127 M 9/10-10/15 7:45-9 pm 16 yrs+
 1380.127*M 10/22-12/3 7:45-9 pm 16 yrs+
 *No class 11/12

Organization

ORGANIZING 101

This class teaches the basics of organizing in a simple 3-step process. Come and learn the clear and simple system of how to get your life back and how easy it is to maintain.

Instructor: Megan Nordgren

Class Fee: \$14 Instructor Fee: \$50 Supply Fee: \$0
 Location: Community Center, Room 203
 1319.147 W 11/14 6-8 pm 16 yrs+

CONTROL YOUR PAPER FILES

Have you ever lost important papers and wasted hours searching for them? This workshop is a great chance to learn a simple system in controlling your papers and filing system. Come and learn to control your paper!

Instructor: Megan Nordgren

Class Fee: \$14 Instructor Fee: \$50 Supply Fee: \$0
 Location: Community Center, Room 203
 1317.147 W 9/19 6-8 pm 16 yrs+
 1318.147 W 10/24 6-8 pm 16 yrs+

Photography

DIGITAL PHOTOGRAPHY

Basic photography with emphasis on digital photo, including the basics: shutter speeds – apertures, lighting, people and landscape photography, and computer skills.



Instructor: Kent Keller

Class Fee: \$10 Instructor Fee: \$35 Supply Fee: \$0
 Location: Snedigar Recreation Center, Room 516
 5321.137 T 9/11-10/30 7-8:45 pm 18 yrs+

WORKING WITH DIGITAL PHOTOS

It doesn't matter whether you downloaded photos from a digital camera, scanned them, or received them through an email, this class will teach you how to work with them. Learn how to change their size, brighten them, add text, remove red eye, and add them to other documents. Bring 2-3 photos to class. Manual included.

Class Fee: \$11 Instructor Fee: \$0 Supply Fee: \$40

Instructor: Conquering Computers

Location: Willis Jr. High, Room F-6
 6306.177 Sa 11/3 9am-Noon 18 yrs+

Real Estate

REAL ESTATE BASICS FOR BUYERS

Interested in buying real estate? Come join the exciting course for buyers. With interest rates as low as they have been in 30 years, buying a home is more affordable and more possible then ever!



Instructor: Craig Akers

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
 Location: Community Center, Room 202
 1323.157 Th 9/6 7-9 pm 16 yrs+

REAL ESTATE BASICS FOR SELLERS

Want to sell, but don't know where to start or who to go to for assistance? This class will make you feel confident and at ease about selling your home or property.

Instructor: Craig Akers

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
 Location: Community Center, Room 202
 1324.157 Th 9/20 7-9 pm 16 yrs+

REAL ESTATE BASICS FOR INVESTORS

If you are interested in investing in real estate, this class is for you! Topics include finding property, appraisal methods, how to finance and manage the property, and much more!

Instructor: Craig Akers

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
 Location: Community Center, Room 202
 1325.157 Th 10/11 7-9 pm 16 yrs+

OVERCOME YOUR HOME BUYING FEARS WORKSHOP

Are you tired of throwing money down the rental drain? Has the lack of a down payment or low credit score prevented you from buying a home in the past? Are you highly motivated to own a home? Overcome fears by learning about the process of home buying from experts in the field. You'll learn how to get pre-qualified, understand mortgage lender requirements and work with a REALTOR® who is an accredited buyer through all the phases of purchasing your home. Come and take this highly informative workshop.

Instructor: Steve Rook

Class Fee: \$3 Instructor Fee: \$0 Supply Fee: \$0
 Location: Community Center, Room 201
 1383.127 T 9/18 7-8:30 pm 18 yrs+
 1384.127 T 10/16 7-8:30 pm 18 yrs+

Safety

CPR & FIRST AID

Get CPR & First Aid certified and gain a clear and comprehensive understanding of how to be effective in an emergency. Learn cardiopulmonary resuscitation for adults, children and infants as well as how to deal with emergencies, like bleeding, shock, burns, etc. This program satisfies OSHA and state childcare licensing requirements. Students will receive 2 year certification after the successful completion of this course.

Instructor: Cross' Lifeline Emergency Training Instructor

Class Fee: \$11 Instructor Fee: \$40 Supply Fee: \$0
 Location: Community Center, Room 206 W & Th, Room 205 Tu
 1308.147 W 9/19 6-9 pm 16 yrs+
 1309.157 Th 10/25 6-9 pm 16 yrs+
 1310.137 T 11/13 6-9 pm 16 yrs+

teen & adult classes

PERSONAL PROTECTION AND SELF-DEFENSE

The purpose of this class is to teach participants the necessary skills to protect themselves from physical assault. This will be an intensive participation class where all students will practice the techniques presented. This will be a hands-on class and all participants will be expected to be involved physically. The class will begin with general skills into more specific skills, covering topics such as awareness, protective space, grab escapes, abduction escapes, striking, ground defenses, incapacitation techniques, weapons of self-defense and much more.

Instructor: Fred Mastison

Class Fee: \$11 Instructor Fee: \$40 Supply Fee: \$0
 Location: Snedigar Recreation Center, Room 503
 5336.127 M 9/17 6:30-8:30 pm 16 yrs+
 Class Fee: \$11 Instructor Fee: \$40 Supply Fee: \$0
 Location: Community Center, Room 205
 1338.177 Sa 9/29 10-Noon 16 yrs+

FIGHTBACK – SELF DEFENSE FOR WOMEN

This comprehensive women's self defense class is a fun, fact filled, hands-on class in which you will learn how to recognize danger and determine which situations require force, or reason. Signs of danger and levels of personal awareness are taught first, because the best way to win a fight is not to get into one. You will learn how to fight from various situations, including inside of your car, from you bed, and how to escape from getting grabbed, pinned or threatened with weapons. This is a three-segment class.

Instructor: Jocelin Meeseburg

Class Fee: \$6 Instructor Fee: \$20 Supply Fee: \$0
 Location: Andersen Jr. High, Wrestling Room
 4305.137 T/Th 9/18,9/20, & 9/25 6-8:30 pm 13 yrs+
 Location: Santan Jr. High, Wrestling Room
 7327.137 T/Th 10/30,11/1, & 11/6 6-8:30 pm 13 yrs+

Sports and Fitness

INTRODUCTION TO SKATEBOARDING (BEGINNER/INTERMEDIATE)

This program will focus on fundamental skateboarding maneuvers. As participants advance, instructors will change the focus of the class

and will begin to work and refine tricks your child has already acquired, as well as introduce more technical maneuvers. Helmet, kneepads, and elbow pads are required.

Instructor: Mark Carroll

Class Fee: \$53 Instructor Fee: \$0 Supply Fee: \$0
 Located: Snedigar Skate Park
 5205.147 W 9/19-11/7 6-8 pm 10-14 yrs
 5206.157 Th 9/20-11/8 6-8 pm 10-14 yrs



CARDIO-KICKBOXING

Cardio-Kickboxing is a fun, effective workout for men and women combining martial arts, aerobics, cardiovascular and toning for a total body workout. Improve strength, muscle tone and endurance, reduce body fat and stress, while learning self-defense techniques.

Instructor: Jim Raemisch

Class Fee: \$31 Instructor Fee: \$0 Supply Fee: \$0
 Location: Snedigar Recreation Center, Room 505/506
 5312.137 T 9/4-10/30 7:30-8:30 pm 16yrs+

BOOTCAMP @ CHUPAROSA PARK

BOOTCAMP is a four week outdoor workout program that offers group fitness instruction and motivational training – packed with fun, energizing activities designed to help you achieve your fitness goals. Whether you want to slim down to fit into that special dress, shed the extra pounds from pregnancy, get fit for that special occasion or just kick your fitness into high gear, this program is for you! Bring mat, dumbbells and water.

AM Class Fee: \$56 Instructor Fee: \$200 Supply Fee: \$0
 PM Class fee: \$49 Instructor Fee: \$175 Supply Fee: \$0

Instructor: Kristi Larsen

Location: Chuparosa Park, 2400 S. Dobson Rd., meet by the playground equipment

8085.127 M-F 9/4-9/28 5:30-6:30 am 16 yrs+
 8086.127 M-Th 9/4-9/28 7-8 pm 16 yrs+
 8087.127 M-F 10/1-10/26 5:30-6:30 am 16 yrs+
 8088.127 M-Th 10/1-10/26 7-8 pm 16 yrs+
 8089.127 M-F 10/29-11/30 5:30-6:30 am 16 yrs+
 8090.127 M-Th 10/29-11/30 7-8 pm 16 yrs+

*No pm class 10/31 *No class 11/22 & 11/23

INTRODUCTION TO ADULT WEIGHT TRAINING

Learn the fundamentals of weight lifting. This class will cover proper form and basic program design. Plus you will get a great workout during each class.

Instructor: Stephanie Armijo

Class Fee: \$22 Instructor Fee: \$0 Supply Fee: \$0
 Location: Santan K-8, Weight Room
 7304.147 W 9/5-10/17* 7-8 pm 16 yrs+
 7305.137 Tu 10/23-11/27 7-8 pm 16 yrs+
 *No class 10/3

RUNNING

This overall body workout will get you moving, tone your body, and build strength. If you want to start running or improve your current running program, this workout will be sure to elevate your overall fitness. Bring towel and water bottle.

Instructor:

Claudia Ward

Class Fee: \$28
 Instructor Fee: \$0
 Supply Fee: \$0
 Location: Snedigar Recreation Facility, Portables
 7309.137 Tu/Th 9/4-9/27 9-10 am 16 yrs+
 Class Fee: \$25 Instructor Fee: \$0 Supply Fee: \$0
 7310.137 Tu 10/16-11/27 9-10 am 16 yrs+
 Class Fee: \$22 Instructor Fee: \$0 Supply Fee: \$0
 7311.127 M 10/15-11/26* 5:30-6:30 pm 16 yrs+
 7312.127 M 10/15-11/26* 9-10 am 16 yrs+

*No class 11/12



BARRE FIT

Get a dancers body with this high energy fitness class that combines ballet barre work, with NO impact training, to develop lean muscles and burn fat.

Instructor: Zumba Arizona

Class Fee: \$13	Instructor Fee: \$48	Supply Fee: \$0
Location: Community Center, Room 204		
1627.137 T	9/4-10/23	6-7 pm 16 yrs+
1628.137 T	10/30-12/18	6-7 pm 16 yrs+

ABDOMINAL SCULPTING

This is a 45 minute workout that combines standing and floor exercises as well as a few back strengthening exercises. Sculpt, tone and flatten your abdominals and define your waistline while strengthening your back. The last 5 minutes of class is a very relaxing cool down. Bring a towel or mat.

Instructor: Patricia Alexander

Class Fee: \$23	Instructor Fee: \$0	Supply Fee: \$0
Location: Andersen Jr. High, Cafeteria		
4302.147 W	9/12-10/31	7:45-8:30 pm 13 yrs+
Class Fee: \$21	Instructor Fee: \$0	Supply fee: \$0
Location: Willis Jr. High, Multipurpose Room		
6203.127 M	9/10-10/29	7:45-8:30 pm 13 yrs+

BASIC CORE TRAINING & THERAPEUTIC TRAINING

Based on the Lyengar tradition, this approach to yoga focuses on attention to proper skeletal alignment and muscle activation to improve function and strength and reduce pain in the areas of the spine, neck, shoulders, hips, legs and feet. It is great for prevention and rehabilitation of injuries. This class will benefit athletes of all abilities, in all sports, and people who spend a lot of time sitting in cars, at computers or at their work places. No yoga experience necessary. Please bring a yoga mat and two yoga blocks if possible.

Instructor: Michael Smith

Class Fee: \$11	Instructor Fee: \$40	Supply Fee: \$0
Location: Community Center, Room 204 (M), Senior Center MPR (Th)		
1615.127 M	9/10-10/1	7-8 pm 16 yrs+
1616.157 Th	9/6-9/27	7-8 pm 16 yrs+
1617.127 M	10/8-10/29	7-8 pm 16 yrs+
1618.157 Th	10/4-10/25	7-8 pm 16 yrs+
1619.127*M	11/5-12/3	7-8 pm 16 yrs+
1620.157**Th	11/1-11/29	7-8 pm 16 yrs+

*No class 11/12

**No class 11/22

ZUMBA DANCE **NEW!**

A fusion of Latin and International music dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

Instructor: Zumba Arizona

Class Fee: \$10	Instructor Fee: \$35	Supply Fee: \$0
Location: Willis Junior High, Dance Room		
6307.127 M	9/10-10/22	6:30-7:30 pm 13 yrs+
Class Fee: \$11	Instructor Fee: \$40	Supply Fee: \$0
6111.147 W	9/5-10/24	6:30-7:30 pm 13 yrs+
Location: Community Center, Room 111		
1351.127 M	9/10-10/29	6-7 pm 13 yrs+
1352.147 W	9/5-10/24	6:30-7:30 pm 13 yrs+
1353.147 W	10/31-12/19	6:30-7:30 pm 13 yrs+
1623.137 T	9/4-10/23	1-2 pm 16 yrs+
1624.137 T	10/30-12/18	1-2 pm 16 yrs+
1625.157 Th	9/6-10/25	1-2 pm 16 yrs+

Yoga and Pilates

YOGA

This beginner's class is for those searching for variations and modifications to fit every level of flexibility. We will cover warming up, centering, yoga poses, and meditation. Techniques in breathing and visualization can help increase focus and calming in one's self. Many variations will be taught so all may enjoy.

Instructor: Beth Ridley-Prevost

Class Fee: \$16	Instructor Fee: \$0	Supply Fee: \$0
Location: Willis Jr. High, Chorus Room		
6310.137 T	9/4-9/25	7-8 pm 16 yrs+

YOGA BASICS

For students new to yoga or who would like to reinforce the foundation and focus of their yoga practice. Emphasis on optimal posture, body mechanics and fundamentals of alignment. All levels welcome.

Instructor: Kerri Henderson

Class Fee: \$26	Instructor Fee: \$0	Supply Fee: \$0
Location: Community Center, Room 204		
1606.157 Th	9/6-10/11	11-12:15 pm 16 yrs+
Class Fee: \$22	Instructor Fee: \$0	Supply Fee: \$0
1607.157*Th	10/25-11/29	11-12:15 pm 16 yrs+

*No class 11/22

YOGA: LEVEL 1-2

A flowing class linking breath with movement creating harmony of body, mind and spirit. Active and challenging with an emphasis on opening the body and building strength. All levels, strong beginners welcome.

Instructor: Kerri Henderson

Class Fee: \$26	Instructor Fee: \$0	Supply Fee: \$0
Location: Community Center, Room 109		
1602.137 T	9/4-10/9	11-12:15 pm 16 yrs+
1603.137 T	10/23-11/27	11-12:15 pm 16 yrs+

UPBEAT POWER YOGA

A new twist on a classic: an upbeat aerobic workout, which builds strength, flexibility, balance and endurance while detoxifying the body and mind.

Class Fee: \$33	Instructor Fee: \$0	Supply Fee: \$0
-----------------	---------------------	-----------------

Instructor: Rhonda Duerig

Location: Santan K-8, Room 45		
7329.147 W	9/5-10/24	6-7:15 pm. 13 yrs+



sign up for break time!

Get your **FREE** subscription to Break Time magazine and always be "in the know"! All your local parks and recreation news is right at your fingertips. To subscribe, log on to www.chandleraz.gov/breaktime or call 480.782.2738.

teen & adult classes

GENTLE YOGA IN THE PARK

Take your yoga practice to a new level by practicing outdoors in the beautiful setting of Desert Breeze Park. Relax, restore, renew and regenerate in nature using a slow and conscious pace designed to release stress and tension with asana (yoga poses), breath-work and meditation/visualization. Bring awareness deep within the self to create steadiness and ease in the body, clarity of mind and connection with your spirit. Gentle and calming. All levels welcome. Please bring a yoga mat and water.

Instructor: Kerri Henderson

Class Fee: \$26 Instructor Fee: \$0 Supply Fee: \$0
 Location: Desert Breeze Park, 660 N. Desert Breeze Blvd. E., meet @ The Hummingbird Habitat
 1600.137 T 9/4-10/9 7-8:15 am 16 yrs+
 1601.137 T 10/23-11/27 7-8:15 am 16 yrs+

YOGA FLOW IN THE PARK

Wake up the body and renew the spirit in nature with Yoga Flow in the Park. A creative and challenging sequence of asana (yoga poses) linked with the breath. The emphasis is on building strength and finding your power while still remaining balanced and peaceful. Yoga Flow stretches and tones the body, calms the mind and ignites the spirit. Take your yoga practice to a new level by practicing in a beautiful outdoor setting. Active and dynamic. All levels welcome. Please bring a yoga mat and water.

Instructor: Kerri Henderson

Class Fee: \$26 Instructor Fee: \$0 Supply Fee: \$0
 Location: Desert Breeze Park, 660 N. Desert Breeze Blvd. E., meet @ The Hummingbird Habitat
 1604.157 Th 9/6-10/11 7-8:15 am 16 yrs+
 Class Fee: \$22 Instructor Fee: \$0 Supply Fee: \$0
 1605.157*Th 10/25-11/29 7-8:15 am 16 yrs+
 *No class 11/22

PILATES – MAT WORK

This class will introduce participants at all fitness levels to the mat exercises developed by Joseph Pilates. If you're interested in building a stronger core, improving your posture and increasing your strength and flexibility, this class is for you! You'll learn exercises that you can perform anywhere, without any special equipment or machines. Please bring an exercise/yoga mat and towel to each class.

Instructor: Beth Ridley-Prevost

Class Fee: \$16 Instructor Fee: \$0 Supply Fee: \$0
 Location: Andersen Jr. High, Chorus Room
 4307.157 Th 9/6-9/27 6-7 pm 16 yrs+
 Location: Willis Jr. High, Chorus Room
 6309.137 T 9/4-9/25 6-7 pm 16 yrs+

Coming Spring 2008!

Resident and Non-Resident Registration Dates

In an effort to ensure Chandler residents are getting complete access to all of our great programs, The City of Chandler will begin implementing priority registration dates for City of Chandler residents next year.* We'll bring you all the specifics in an upcoming issue of Break Time. Questions? Call 480.782.2727.

*Proof of residency may be required in some cases when registering.

COMING EARLY 2008!

TUMBLEWEED RECREATION CENTER

YOUR RECREATION DESTINATION!

Inside Tumbleweed Park
McQueen & Germann roads

- 62,000 square ft. facility
- Gymnasium
- Fitness Areas
- Racquetball Courts
- Indoor Jogging Track
- Class Rooms
- Dance & Group Exercise Rooms
- Locker Rooms & Showers
- Shaded Courtyard
- On-site Child Care
- Preschool Programs
- Adult Programs
- Senior Programs
- Teen Room
- Game Room
- Active Adult Room

INFO: 480.782.2910

CHANDLERAZ.GOV/TUMBLEWEED

**Learn How You Can Work At The
Tumbleweed Recreation Center
On Page 73!**